



Masala Hummus Poppers

2

20 Min

Description

Try this delectable, Masala hummus poppers made with flavourful hummus blended well with chilli flakes and potato, oozing out rich, umami flavours. Serve it hot with ketchups or chutneys.

Ingredients

- 1.0 Tbsp(13.0 gm) Chole
- 0.48 Tsp(2.0 ml) Lemon Juice
- 0.24 Tsp(1.0 gm) Salt
- 17.0 ml(17.0 ml) Water
- 1.0 Tbsp(6.0 gm) Corn Flour
- 1/2 Tsp(0.76 gm) Red Chilli Flakes
- 0.13 Tsp(0.56 gm) Salt
- 0.48 Tbsp(5.0 gm) White Til
- 0.96 Number(1.0 gm) Garlic
- 1.0 Tsp(3.0 ml) Olive Oil
- 2.0 Boiled Mashed Tbsp(31.0 gm) Potato
- 1/2 Grated Tsp(0.94 gm) Ginger
- 1/4 Tsp(0.27 gm) Oregano
- 2.0 Tbsp(16.0 ml) Oil

Method of Preparation (Step by Step)

- In a blender, add cooked chole, 1 tsp white til, 1.5 tsp olive oil, and 1/2 tsp lemon juice, 1 garlic pod, and 1/4th tsp salt.
- Blend everything together to a smooth texture.
- Next, in a mixing bowl, add the prepared hummus, 1/2 tsp each of grated ginger, red chilli flakes, and boiled and mashed potato.
- Season with 1/8th tsp salt, and 1/4th tsp oregano, and add 1 tbsp cornflour.
- Mix all the ingredients well.
- Roll out the mix into poppers.
- In a kadhai, heat oil for frying.
- Fry until golden brown.
- Serve poppers hot.

Nutrition Information per serve

Energy 304.64 kcal

Carbohydrate	19.9 gm
Protein	2.76 gm
Total Fat	22.52 gm
Total Fiber	3.59 gm